Bench Press







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Seated Shoulder Press





Seated Trunk Rotation





Seated Lat Row



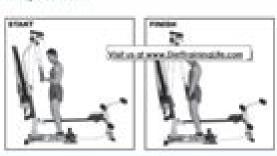


Lat Pulidown





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Bowflex Exercise Guide

Rachel S Tattersall

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